



## **Baltimore City Health Department and the Baltimore City Public School System HEALTHY HABITS POSTER CONTEST**

**NEW DEADLINE - MAY 11, 2006**

**Purpose:** The *Healthy Habits Poster Contest* will provide the opportunity for young people to demonstrate their awareness of the importance of healthy habits that promote longevity and minimize and/or eliminate health risks. Examples of health habits are eating a balanced diet, exercising regularly, practicing good oral hygiene, avoiding tobacco use, and wearing a helmet when bike riding.

**Eligibility:** Students currently enrolled in Baltimore City Elementary and Middle School level Public Schools, Kindergarten through 8<sup>th</sup> Grade, are eligible to enter the contest.

**Entry categories:** There are three entry categories: Kindergarten through 2<sup>nd</sup> grade, 3<sup>rd</sup> through 5<sup>th</sup> grade, and 6<sup>th</sup> through 8<sup>th</sup> grade. A first and second place winner will be chosen from each entry category. Winning entries and photos of artists with their teacher will be displayed on the Health Department's website. Selected non-winning entries will be displayed in Health Department buildings with credit given to the artist, teacher, and school.

**Specifications:** Crayons, colored pencil, markers, paint, watercolor, charcoal or other drawing materials may be used. Words can be used as part of the message on the poster but are not required. Entries **MUST** be submitted on paper or poster board within the following size limits:

- No larger than **18" x 24"**
- No smaller than **8 1/2" x 11"**

**On the back of each poster must be written:**

- The artist's name, age, and grade level (specify Primary/Elementary, K-8 or Middle)
- The teacher's name
- The name, number, phone number, and address of the school

**Judging:** Entries will be judged on:

- The clarity of presentation of the *Healthy Habit*
- Level to which awareness of the selected habit is illustrated
- Artistic expression (age-appropriate)

**Prizes:**

**First place:** \$100 gift certificates to a local bookstore

**Second place:** \$50 gift certificates to a local bookstore

Teacher of first place winners will receive a gift certificate to Staples or Office Depot.

**Deadline:** Entries for the *Healthy Habits Poster Contest* must be given to **the school nurse or designated school contact by May 11th**. **The announcement of winning entries will be made in May 2006. For more information call 443-984-2623.**

